

# Letters to the Editor ...

## Deadly Diabetes Deception

Dear Mr Roads: I am writing to say a big thank you for publishing the article by Thomas Smith, "Our Deadly Diabetes Deception" [NEXUS 11/04]. I cannot stress strongly enough how helpful the information in your publication has been to me, and I have sent a big thanks to Mr Smith as well.

Please consider a follow-up to the article, as its content is vital to the many thousands of people in various stages of the disorder and to forewarn those who put their trust in the processed food industry.

Thank you, and best wishes,  
Mike Wadham, UK

## Treating Diabetes with Diet

Dear Editor: I read with interest the article on "Our Deadly Diabetes Deception" (vol. 11, no. 4). I have long known about a doctor in particular who wrote two books on dietary changes and regimens that reverse the diabetes and many other health ailments.

Dr Fuhrman is quite detailed about the nature of diabetes and its connection to the poor diet regimens as well as certain food (natural and processed). I understood at last why some people develop diabetes whilst others do not, along with why some diabetics progress to the worst.

Unlike Dr Atkins and his pseudoscience dietary regimen, Dr Fuhrman did not write the books to profit or to support his *status quo*. Instead, he researched many studies very intensely and treated 30,000 to 40,000 patients in his own practice with immense success. *Fasting and Eating for Health* is a pioneering book and the culmination of his research.

His recent book, *Eat to Live*, focuses on careful selection of vegetables and cooking techniques to maximise the nutrients and energy and to eliminate the damaging effect from animal and dairy products. The beauty is that you need not measure small portions or subject yourself to a dangerous fad diet. You are permitted to eat as much as you like

during each meal, but nothing in between.

A word of advice: Dr Fuhrman is quite adamant on medical supervision, since each and every person has a different length of time before their body depletes their reserve of nutrients.

Naturopathic doctors are more likely to accept and supervise the fasting than the allopathic doctors. Do give the naturopathic doctors a try when soliciting for medical supervision during the fasting.

Dr Fuhrman's website is <http://www.drfuhrman.com>.

Continue with splendid work of reporting the news that the mainstream media don't...

Regards,  
Oliver M.

## Harold Foster's AIDS Regimen

Dear Duncan: Just wanted to thank you for your coverage of Harold Foster and his book, *What Really Causes AIDS* [see review in 10/05 and article in 11/01-02].

I've been on Dr Foster's recommended regimen for about four months and can state confidently that he's onto something.

My condition was immediately improved and I feel better than I ever have in my whole life. I'll be getting more blood tests done in about six weeks; this should be the proof that Foster is right on.

This is a simple, readily available treatment for the scourge of this century. I hope more people get the word.

Thanks for your coverage.

Patrick Kluesner, Anderson, Indiana, USA

## Beware of Processed Salt

I have been looking at the salt/potassium ratio which the body needs. I read about a test that you can do to convince yourself of the difference between "sea salt" and ordinary every day "table salt", so I thought I would try it.

I got two empty herb jars and filled them up to the neck with ordinary water (rainwater). I then added a measured teaspoonful of table salt (Saxa brand) to

one jar and the same measure of sea salt (we use the cheapest we can find) to the other. I gave each bottle a shake and then left them sitting on the window sill for 24 hours.

The sea salt in the jar completely dissolved in the water, while the table salt just stayed in the bottom of the jar.

This is what has been happening since the introduction of processed salt. Table salt does not dissolve in the body, and over time begins to block arteries, etc., causing serious harm to our bodies. The sea salt flows through the body and does more *good* than harm. We all need salt!

Table salt obviously has had all the goodness extracted during refining, so you get a nice shiny white substance that looks and tastes salty but is of no use to your body.

Norm Coates, Australia

## Port Chicago Radiation Swath

This was posted yesterday, Friday (July 16), with a few follow-ups, at the website <http://www.sciscoop.com/story/2004/7/16/94228/2111>.

"A year and a half ago when the Port Chicago debate erupted on SciScoop and Slashdot, the question came up, 'Where's the radiation?' Trying to settle the urban legend one way or the other before the 60th anniversary of the accident (July 17), a friend and I drove there with an electronic Geiger counter mounted outside my truck and my Linux laptop inside, logging the data. What we found was startling.

"There is a two-mile-wide swath of higher-than-background (13-17  $\mu$ R/hr measured from the road) radiation directly across the bay from Port Chicago on Grizzly Island. It gets less noticeable further inland, even with sensitive instruments. It's a wildlife area, so maybe that's why no one noticed. But the unexplained radiation is definitely there. And the shape is facing Port Chicago from across the bay.

"I posted my findings including instructions and source code

so you can duplicate my experiment. Time to get the media to exercise their FOIA expertise and pester members of Congress for info."

Details of the findings are posted at <http://www.kluft.com/~ikluft/pc44/>.

Peter Vogel, Vermont, USA,  
[pvogel@together.net](mailto:pvogel@together.net)

## Missing Tesla Patents

Dear Duncan: A friend of mine just asked me to check some US patents filed by Nikola Tesla so he could find more sources in constructing a rotary turbine engine. He thought there was something wrong with his computer—but it turns out that while similar machinery built since is still there, every single patent filed by Tesla has been removed totally.

The ones I looked for were: 1061206, 1655113, 1329559, 1962565, 2351055, 1540998, 685957, 787412 [see website <http://patft.uspto.gov/>].

These were all Tesla's original cylindrical engine patents, and we are trying to work out a sensible reason why they've all been removed but can't think of one. What theories do you all have?

Yours sincerely,

David Howard,  
[david.howard13@ntlworld.com](mailto:david.howard13@ntlworld.com)

## Saudi Arabian Oil Reserves

Sir: When I was working in Saudi Arabia (1989-1992), the *Arab News* contained a story regarding a huge oil find near Riyadh, the capital of Saudi Arabia. They said they were surprised because they thought that all the oil was located on the east coast and that none would be found near the centre of the country. The report said this discovery was so huge that it would represent 300 years of supply at today's (then 1989-1992) usage.

Therefore, I believe that greed has either stepped into the equation big time, or someone was telling big porkies when writing up this story. That really does not gel, because Arabs are not prone to "making the news" like we do in the West but report

# ... more Letters to the Editor

**NB: Please keep letters to approx. 150 to 250 words in length. Ed.**

what is known.

Methinks that the oil companies and the "money men" are out to skin us alive.

Many regards,

Leonce Kealy, Honourable Member of the Electors' Parliaments of Australia

## Aspartame Dangers

The sad saga of aspartame goes on. An article in the *Observer* of Sunday 15 August about a 300% increase in brain diseases, Alzheimer's, dementia and brain tumours in Westernised countries since 1981, but not in Japan, caught my attention. No guilty environmental pollutants could be found.

Having suspicions after having read NEXUS articles on aspartame, I put in a Google search for "aspartame use Japan" and found that Japan has not licensed aspartame and uses the herbal extract of stevia for sugar substitutes. The timing comparison for 1979–81 to 1995–97, the aspartame-licensed 1981–82 geographical and crossover populations comparisons and known side effects all point to aspartame as the culprit.

I put together an A4-page-sized email warning to all my family and friends, giving some facts and relevant websites, books and networks about the dangers of artificial sweeteners. If anyone would like one to pass on to their loved ones, email a request to me at [j\\_braggins@austarnet.com.au](mailto:j_braggins@austarnet.com.au).

J. Braggins, Australia

## Commercial Pet Food Perils

Dear Sirs or Madams: I was recently given a copy of an article out of your magazine called "The Pet Food Industry and Its Questionable Practices", by Ann N. Martin [NEXUS 10/05]. I was, to say the least, *shocked!*

I have a two-year-old Am Staff [American Staffordshire terrier] that is my pride and joy. He is a superbly healthy and happy dog. I've raised him on Old Roy dog food from the chain Wal-Mart.

Several months ago, I started feeding him raw, warmed chicken

as well as rice and veggies. His weight in several weeks went from the 70 lb range to almost 100 lb. I run him in the desert every day and he is solid muscle mass; no body fat at all.

Then about two months ago, I got lazy and put him back on the Old Roy Kibble food again. Almost immediately, he lost over 10% of his body weight and became tired and listless; his coat started to look really bad, with hair falling out. He started to smell bad, even though he swims almost every day and is always meticulously clean for a dog.

Reading the article from your magazine, I was horrified at the disgusting things that are going into our pets' food.

Well, I immediately put my dog back on the raw chicken diet with the other supplements and within weeks he put on all the weight again: 100% muscle, and he's back up to almost 100 lb as well as happy and healthier.

*Thank you so much for publishing this article!* You saved my dog's life.

My father's dog, only seven years old, just died from a horrible kind of cancer and was eating Old Roy dog food all his life. After reading your article, I wondered if it was the food that killed him.

Sincerely,

Donald Ballard, Jr

## 9/11 Plot Coincidence?

Greetings from Planet Weirdo! Having been a reader of the mag over the years, I'm curious to know if there is a minority opinion over the perpetrators of 9/11 having come from within the US itself to speed along the so-called search-and-destroy "New World Order".

I have never swallowed any of the propaganda fed to me from the outset of these events (within hours of planes striking buildings). This is probably due to the bizarre coincidence that two weeks prior to 9/11, in late August, there was the pilot episode of the *X-Files* spin-off series, *The Lone Gunman*. The story featured the amazing plot of

an order within the government to crash a remotely controlled airliner into one of the Twin Towers in order to blame Iraq for terrorism and to proffer an excuse to start WWII—as a way of testing all their new war machinery post-1993 and to bring in the new "security/surveillance" regime over the States and her "allies"—plus every other agenda... Prophetic or informed? Curious.

Anyway, enjoying your mag.

Andrew T.,

Brisbane, Australia

## The Golden Section in Nature

Dear Duncan: I am a long-time subscriber in Chicago.

With regard to Dr Hartmut Müller's article, "An Introduction to Global Scaling Theory" [11/05], I was immediately reminded of the work of R. A. Schwaller de Lubicz, the world's foremost interpreter of Egyptian religion/science.

De Lubicz popularised the notion of the Golden Section, the value of which constant is 1.618. (See his book, *The Temple in Man*.) This constant determines the proportionality of all physical and living matter in terms of the relationship of the parts to the whole, whether the object is a crystal, a fish or a human being. Michelangelo's famous depiction of a human being within a five-pointed star is a depiction of this proportionality constant.

Gyorgy Doczi, in his book, *The Power of Limits*, gives numerous examples of the Golden Section from all realms of nature, including folk art. Interestingly, the only thing in nature that does not fit the Golden Section blueprint is so-called "modern art". It shows no proportionality, and that is why very few consider it to be "beautiful"—except for the newspaper "critics" who write for the "art audience".

To me, the Golden Section represents the Divine Intelligence of nature, the blueprint by which God creates reality. So it was no surprise to me when one of the logarithmic formulas in the final

box is equal to 1.618.

What surprises me is the fact that institutionalised science, with a few notable exceptions, has ignored the relevance of the Golden Section in nature.

It appears to me that the Establishment (which controls both Left and Right thought processes) does not want us to know about the Golden Mean, just as it does not want us to know about Nikola Tesla's amazing discoveries.

JoNo, Chicago, Illinois, USA

## Dr Holt's Cancer Treatment

Dear Duncan: I would like to bring to your attention the work of Dr John Holt. This well-qualified doctor from Australia has been able to cure certain types of cancer without *any* side effects.

Not everyone can be cured and some cancers respond better than others, but he has been able to achieve something like a 25% cure rate for several types of cancer and a considerable improvement for most of the other people.

Even if 1% of the patients are cured, the medical authorities should be welcoming this with open arms. But instead, Dr Holt has been vilified by a medical establishment that is too arrogant and closed-minded to take up anything that does not fit with conventional views. In the meantime, people are needlessly suffering and dying.

We have heard testimonies (he was featured on Channel 9's *A Current Affair* program recently) of many of his patients who were told they had months to live, but thanks to Dr Holt's treatment are alive and well 10 or 20 years later, many with no recurrence or sign of cancer.

I would urge you to do an article on this wonderful work for the sake of the many cancer sufferers out there.

Contact: Dr John Holt, tel +61 (0)8 9322 3544.

Great magazine!

Regards,

Guido Grzanic, <http://www.esotericscience.com>